U3A Walking Cricket
“Getting back into the swing of things!”

Mac McKechnie
U3A Walking Cricket Adviser
20th June 2019
AIMS AND OBJECTIVES:

U3A walking cricket groups aim to create an interesting sport that will improve fitness, and have fun as part of a team experience. We are grateful to Darren Talbot the M.D. of Twenty/20 Community Cricket based in Surrey, and likewise Gareth Davis from Yorkshire County Cricket Board, and Kendal James from Yorkshire Cricket Foundation who have all been very supportive. We extend a warm welcome to all members of the U3A to join with us for some stimulating exercise once every two weeks, by forming Walking Cricket groups in your own locality.

This is an all year-round sport, ideal venue during “Cricket Season” months would be an outdoor 5-a-side Astroturf pitch, and less favourable weather (autumn/Winter) a sports hall. The U3A itself is a big Nationwide organisation, and there must be many retired men out there in particular who were never really into football, but remember with fondness playing cricket. Likewise, many retired ladies who don’t fancy chasing a football, but who will remember with fondness the rounders games of their youth.

Walking cricket is more relaxed, yet still a powerful team game lasting under 2 hours, that helps to recreate some of those past sporting activities and memories.
Certainly for Yorkshire, our main partner YCF (Yorkshire Cricket Foundation) – the charity arm of YCCB – have so kindly donated an engraved annual shield, the “Yorkshire Walking Cricket Shield” which should lead to walking cricket groups in Yorkshire playing knockout matches culminating in a final for the “shield” at the end of the summer annually.

This year (2019) this final will be Barnsley U3A V Doncaster U3A. Hopefully on August 16th.

Next year it is anticipated that at least Wakefield and hopefully Sheffield U3A’s will take part.
Hello all.

“Thank you for looking into the walking cricket program, and taking the time out to allow Mac to talk to you around the huge benefits of walking cricket. From the physical, to mental health this helps and supports, to the social and community building attributes and opportunities this provides you all with.

At Yorkshire cricket we are fully behind this project and want to support you all where we can. I hope Mac inspires you as he has so many and look forward to working with you all in the future.

We are excited to support and help develop the new and only, to date, walking cricket offer in Yorkshire and one of very few nationally. This program has huge potential to develop and grow in a unique and highly effective health and sporting activity program. It uses cricket as the vehicle to help men and women over the age of 50 to stay involved in the game whilst meeting new people and keeping physically active”

Regards Gareth

Gareth Davis
Cricket Development Manager
(South) YCCB
Kendal James the Participation Manager of Yorkshire Cricket Foundation, the charity arm of Yorkshire County Cricket Club is our so enthusiastic partner in our Yorkshire Walking Cricket growth plans. Kendal writes:

“The Yorkshire Cricket Foundation (YCF) is the official charity and community arm of Yorkshire County Cricket Club. We are a registered charity that delivers community projects across the county. Using the power of cricket, the Foundation aims to make a lasting, positive impact on the lives of those living in Yorkshire. The Yorkshire Cricket Foundation has 4 key themes, Participation, Health & Wellbeing, History & Heritage and Education of which projects fall under.

The Yorkshire Cricket Foundation are currently working towards developing a Walking Cricket model for the county. Walking Cricket aligns well with both the Participation and Health and Wellbeing themes, facilitating more opportunities to more people physically active in a social wellbeing capacity. Walking Cricket is an ideal game for the older generation as there is no physical contact involved like there can be in walking football, therefore we feel it meets the needs of the older generation who may be in fear of getting injured.

We are aware the average living age on the rise, it is important to consider the well-being and care of adults who are living longer and ensure that their social and psychological needs are met. We feel Walking Cricket is the perfect way to remain involved with the game and meet new people whilst staying active”
“Hello members of the U3A. I cannot be with you to endorse Mac’s presentation, but would like to add something, although it is from a distance from the cricket loving County of Surrey.

Walking Cricket has brought cricket back to people who thought their playing days were long behind them. It’s low impact exercise, social, and most importantly a lot of fun! Mixed genders, mixed abilities, it has something for everyone.

It has been a pleasure working with Mac to get the Barnsley U3A Walking Cricket off the ground. Progress has been amazingly swift and the work they have done there has set a strong base for Walking Cricket to expand throughout the country. We look forwards to continue working with Mac and the U3A to make this happen.”
“At our very first match, I had the privilege of bowling the very first over of walking cricket ever played in Yorkshire. As the sport grows, which it will *(just look at walking football)* I will look back on that first cold slightly damp Wednesday morning in January 2019 with deep affection.

My vision for the future is a network of other walking cricket groups across our area, forming in effect a mini league, that we can play each other occasionally to add interest, although our main aim is as usual to have fun! One knock on effect from press coverage is that I get individuals from outside the U3A who are ex cricket players a bit long in the tooth like us, ringing me up wanting to join, so it is a good feeling to be able to steer them through U3A membership first”.

Mac McKechnie
Walking Cricket Group Co-ordinator
Barnsley U3A
mckechnie31@btinternet.com
Inside, .......... Sept - April

- Minimum size of two adjoining netball courts required.
- Each “group” has its own co-ordinator and treasurer.
- We pay £30.00 for a two hour session
- Each participant pays £3.00 per meeting to cover costs
- Softer plastic ball (Windball) is used:
- Can often get two matches in within a two hour period as quicker game than outside.
- There are two groups, The Wednesday group, (29 members) and the Thursday group, (24 members)
  – Each group meets fortnightly, so in theory, it is possible to play on either a Wednesday or Thursday morning once per week.
Outside, .......... April - Sept

- Minimum size of an AstroTurf five a side football pitch required.
- We pay £30.00 for a two hour session
- Each “group” has its own co-ordinator and treasurer
- Each participant pays £3.00 per meeting to cover costs
- Harder plastic ball (aeroBall) is used:
- Can normally only play one match within a two hour period as slower game than inside.
- There are two groups, The Wednesday group, (29 members) and the Thursday group, (24 members) – Each group meets fortnightly, so in theory, it is possible to play on either a Wednesday or Thursday morning once per week.
Year long

- Large AstroTurf nine a side football pitch available at Wakefield Football Centre – Denby Dale Road Wakefield.
- Cost £40.00 for a two hour session.
- Each “group” needs its own group leader and treasurer
- Each participant pays £3.00 (or £4.00) per meeting to cover costs (£3.00 needs 14 players to break even - £4.00 needs 10 players to break even.
- Can normally only play one match within a two hour period.
- Each group meets fortnightly.
- Walking Footballers (over 50’s) currently play 3 times a week, at least two players have said they will join if Walking Cricket gets going.
- Kit can be left there locked up.

Wakefield Football Centre – Denby Dale Road

Hi Mac

It was good to speak to you.

I can confirm the costs as agreed and will wait to hear from you
I will forward the flyer you have forwarded to the Walking football committee

Kind Regards

Darren
Barnsley U3A has set up a Walking Cricket group – the first of its kind in Yorkshire.

Mac McKechnie from Barnsley U3A said "We had a very successful start to our first U3A Walking Cricket group. It has been so popular with so many members, we've had to set up two groups!

“We think this may be a little bit of history, as it is in fact the very first known Walking Cricket match played in Yorkshire". We are grateful to the Yorkshire Cricket Board and to Gareth Davis Cricket Development Manager, and Darren Talbot MD. of Twenty/20 Community Cricket in Surrey in particular for their support in this venture.

“Walking Cricket involves a team of six players (three pairs) who start on 200 runs. Everything is walking including the ‘runs’ and the fielding. You can also win and lose runs for example if you are out, your team loses five points but you stay on for four overs (six balls per over). To balance this a Bowler who bowls a ‘wide’ has points added on. A match lasts approximately two hours.

Barnsley U3A, part of a Nationwide organisation for people who are retired from full time employment and who wish to join with others to have fun in social activities with the potential to learn new skills and gain new experiences and get more out of life.

Most towns and cities have a U3A and Barnsley U3A alone has an unbelievable over 1000 members, holding over 100 different groups on a regular basis, which include things like walking football and walking groups amongst many others”

To learn more about walking cricket at Barnsley U3A please go to https://u3asites.org.uk/barnsley/page/90602
Advertising .........
There is free advertising out there if you seek it out, caution needs to be used as reporters report what to them is newsworthy, which might not be exactly what we hope to get out of the advert, ...... but working on the belief that “Any Advertising is good advertising” as the following newspaper and magazine cuttings show, it is a mixed bag of results, but 90% fairly accurate, and has brought new members into the U3A as a result.
Yorkshire’s first walking cricket team based at Dodworth MW

CRICKET

YORKSHIRE’S first ever ‘walking cricket’ team are set to play their first match next month which they hope leads to a thriving league system in the county.

The team is based at Dodworth MW where they are due to play their first match on January 9 from 10am-12pm.

Walking cricket, for over 50s, is the same as the standard version of the sport except played with a softer ball and no running is allowed so players must walk between the wickets as well as while fielding and bowling.

The project is partly funded by the Yorkshire Cricket Board with Yorkshire CCC coach Richard Damms, from Barnsley, expected to attend the match.

The team is part of Barnsley USA, an organisation which provides retired people with opportunities to learn new skills and participate in social activities and sport. They currently have a squad of more than 20 players including men and women.

Mae McKehnie, who set the team up, said: “The older generation are living longer, and healthier, and Barnsley USA alone has, unbelievably, more than 1,000 members.

“We hold more than 100 different groups on a regular basis, which include things like walking football and walking groups among many others.

“Being an ex-cricketer player, I reasoned that there must be some form of walking cricket available, but found none other than an attempt in Surrey.

“I have now obtained rules and equipment, we have a home ground and a first match arranged. The Yorkshire Cricket Board are throwing their weight and resources at us, in an effort to springboard this across Yorkshire. We are the first in the area that has specifically been set up to play walking cricket and mixed walking cricket. Hopefully we will be replicated across the county.

“Walking cricket is yet another tool that enables more mature adults to maintain a healthier lifestyle in a team environment, which will inevitably reduce the need for future elderly care or NHS interventions.

“We would like other teams in Barnsley to be set up, so we can have a mini league.”

The Yorkshire Cricket Board’s Gareth Davis said: “We are excited to support and help develop the new and only, to date, walking cricket offer in Yorkshire and one of very few nationally.

“This program has huge potential to develop and grow in a unique and highly effective health and sporting activity program. It uses cricket as the vehicle to help men and women over the age of 50 to stay involved in the game while meeting new people and keeping physically active.

Anyone interested in joining the team can contact Mac on 07891745633 or mckehnie31@btinternet.com.

Scott and Julie main winners after town clubs compete in 40
New sport runs at a totally different pace

Dug O’Kane

If you thought that the original all-male cricket team was a piece of ancient history, think again. This week in Birkworth, the local cricket club ran an event for women’s cricket. The event was a huge success, with over 50 women from various local clubs participating.

The event was organised by the local cricket club, who wanted to promote the sport to a wider audience. The idea was to encourage women to get involved in the game and to make it more accessible.

The event included a variety of activities, including a friendly match, practice sessions, and coaching sessions. The participants were enthusiastic and enjoyed the opportunity to play cricket.

The event was met with much excitement, and many women expressed their interest in joining the team. The club is already planning for further events and activities to attract more women to the sport.

The event was a great success, and the club hopes to continue to promote women’s cricket in the future. The club is looking forward to seeing more women get involved in the sport and to see how they will develop their skills.

This newspaper item shown courtesy of Barnsley Chronicle
Baronsley U3A Mixed Walking Cricket Group

“Mixed Walking Cricket is not critical in life, it’s far more important than that.”
Contact: 07891745633 Or email: mckechnie31@btinternet.com

The new Baronsley U3A Mixed Walking Cricket Group started in January this year. Part of Baronsley U3A, it is specifically for those of us who are retired or at least semi-retired, male or female, who wish to take part in an interesting sport that will improve fitness and, as part of a team experience, is great fun. This is an all-year-round sport and from there we hope to build a foundation which will allow us to explore possibilities with any other walking Cricket teams in the area.

The U3A itself is a big Nationwide organisation, (Google ‘Baronsley U3A’ for more information) and there must be many retired men out there in particular who were never really into football, but remember with fondness playing cricket.

Likewise, many retired ladies who don’t fancy chasing a football (as in several walking football opportunities in the area), but who will remember with fondness the rounders games of their youth. Mixed walking cricket is a more relaxed, yet still a powerful team game that helps to recreate some of those past sporting activities and memories. Risk of any injury is minimal, we play with plastic bats and special balls to recognised ECB standards and cricket rules (but no running!)

During the colder winter type months we play at Dorothy Hyman Sports Centre in Cudworth, and during the warmer “cricket season” months (from mid April) outside on the Astroturf pitch at Dodworth Miners Welfare Club.

To Join us, or for more information, why not contact me on the above phone number or email address?
U3A Walking Cricket Rules in partnership with Twenty20 Community Cricket

- 6 or 8 players a side – depending on available space
- A standard non-match weight “incrediball” should be used - https://tinyurl.com/y8uozh8o
- The wicket should be 16 yards long between stumps.
- Plastic bats recommended (size 6)
- Batters bat in pairs, facing 4 (6 a side) or 3 (8 a side) overs each pair – 12 overs innings total.
- Matches should last around one hour and there should be a tea/drinks after the game for both teams
- Batting teams start on 200 runs and lose 5 runs every time one of the players is out
- The fielding team rotate clockwise in the field so everyone gets a chance to bowl
- Fielders must walk after the ball
- 5 penalty runs shall be applied if a fielding team member, after a single warning, runs after the ball
- Runs are scored as per normal cricket except:
  - Batters must walk not run
  - When playing indoors or in an enclosed area, e.g. 5 a side court • 1 run for hitting the side and wicketkeeper’s end walls
  - 4 runs for hitting the bowler’s end wall along the ground, not hitting any other wall or ceiling first • 6 runs for hitting the bowlers end wall in the air, not hitting any other wall or ceiling first • Players may be caught off side and wicketkeeper’s end wall plus ceiling
  - 2 runs shall be awarded for a wide or no ball and no extra ball bowled (so maximum 6 balls per over) except in the last over when they should be re-bowled until 6 legal deliveries have been bowled
- Otherwise normal cricket rules apply, - except there is no LBW penalty applied.
# Barnsley U3A Mixed Walking Cricket Group

"Mixed walking Cricket is not critical in life - it's far more important than that"

**Match Details:** Home Team ........................................... V Away Team .........................................................

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<thead>
<tr>
<th>Date</th>
<th>Running Total (Put circle round score when wicket falls - 5 run penalty)</th>
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Total ...... Runs for ...... Wickets

Result: ........................................... Win by ................. runs
Below are the basic scores for the match “Scorer” to be aware of. Each ball should be marked on the score sheet. - If no runs are added (or deducted) then the score is the same as the previous ball. (It is more complex than outlined below, but they are the basics)
Scoring starts at +200 runs
A batter who is out, -deduct 5 points, and put circle round the score at that point in the over.
Add 1 run if a batter walks from one crease to the other without being “out”
Add 1 run for hitting a NON boundary fence. - If the batters have crossed that will therefore make that 2 runs.
A boundary wall is the one wall behind the bowler, the other three walls are considered non boundary.
If the ball bounces before hitting the rear boundary wall add 4 runs. If it doesn't bounce before hitting the boundary wall it is a maximum - add 6 runs. (in both cases the batter cannot be caught out off the boundary wall).
Wides and no balls (called by the Umpire) - add 2 runs.
A scorer doesn't have to overly worry about the above points, as in this game it is normal for the umpire to call out the score for the ball being played.
Walking Cricket Equipment

Clearly some specialist equipment will be required. Twenty20 Cricket were able to supply me with all necessary leads as to where things could be readily obtained, *(listed below in red/blue).*

I guess most of you will wish to know “what’s the bottom line?” – well in Barnsley we were fortunate, a grant of £140.00 was given from BU3A, which purchased a complete kit set for our first group. And I was awarded a grant *(very gratefully received)* from YCCB for identical kit (different colours) for our second group. *(I added extra’s later like old Cricket bags to carry everything in from eBay – (other auction sites available!).)*

So as a rough guide:-

- 20 bibs (10 of each colour) £27.80
- 6x aero “incrediballs” £33.69.
- Coloured marker discs £15.00.
- Misc: keepers gloves, tape measure, mesh bags for kit etc.

**Balls** - [https://www.sportsballshop.co.uk/acatalog/Incrediball-Trainer-Cricket-Ball.html?gclid=EAIaIQobChMI6-zH7MXE3gIVhuJ3Ch16oA9mEAQYASABEgIdP_D_BwE](https://www.sportsballshop.co.uk/acatalog/Incrediball-Trainer-Cricket-Ball.html?gclid=EAIaIQobChMI6-zH7MXE3gIVhuJ3Ch16oA9mEAQYASABEgIdP_D_BwE)

**Stumps & Bats** - [https://www.sportsdirect.com/slazenger-academy-cricket-set-junior-859099?colcode=85909999&gclid=EAIaIQobChMI4J-Vz8XE3gIVk-J3Ch0lDQOzEAQYBCABEgLR9vD_BwE](https://www.sportsdirect.com/slazenger-academy-cricket-set-junior-859099?colcode=85909999&gclid=EAIaIQobChMI4J-Vz8XE3gIVk-J3Ch0lDQOzEAQYBCABEgLR9vD_BwE)

**Markers** - [https://www.networldsports.co.uk/forza-flat-disc-markers-all-colours-pink.html?gclid=EAIaIQobChMI4J-Vz8XE3gIVk-J3Ch0lDQOzEAQYBCABEgLR9vD_BwE](https://www.networldsports.co.uk/forza-flat-disc-markers-all-colours-pink.html?gclid=EAIaIQobChMI4J-Vz8XE3gIVk-J3Ch0lDQOzEAQYBCABEgLR9vD_BwE)

**Team colour Bibs** - [https://www.networldsports.co.uk/training-bibs-10-pack-orange-adult.html](https://www.networldsports.co.uk/training-bibs-10-pack-orange-adult.html)
Barnsley and district U3A Wednesday
Walking Cricket Group

Ring or email Mac, on: 07891745633 – mckechnie31@btinternet.com